

PEBBLE



January 2024



Trevor and Risper - January Holiday Program - page 4

NEWS & FEATURES

Welcome

PAGE 2

Support Services

PAGE 3-4

Lifestyle & Community

PAGE 4-5

Latest Adventures

PAGE 6-7

Recipe of the Month

PAGE 8

Employee Feature

PAGE 9

Welcome

Welcome to the January issue of Pebble,

We hope everyone has been out enjoying the sunshine and had a lovely and restful break with their loved ones.

SASI started the year with an amazing array of programs for all ages and abilities. Our focus this year is to improve even more on all the high quality services and programs that we provide, as well as increasing our specialisation in the Autism field. We are launching our Autism Workshops where we will offer training modules to the to the broader community. This will assist other services and organisations to increase their knowledge and understanding of the Autistic Community. Watch this space for the unveiling of this new learning tool!

In this edition of Pebble, we take a look at our Holiday Program, introduce you to Lucy from Gippsland, and share a recipe for the easiest and most delicious cake and much more!

Enjoy the reading,

The SASI Team





ASfAR Conference - Dec 2023

The Australasian Society for Autism Research recently held their annual conference in Christchurch, New Zealand on the 6th-7th of December. The conference is held annually by ASfAR and is one of the leading research conferences in the Asia-Pacific region. ASfAR is dedicated to progressing knowledge and understanding of autism across the lifespan. The research areas spanned a wide range of topics including Identification & Diagnosis, Health & Wellbeing, Educational & Vocational Engagement and Support & Practices for Daily Living. It was an incredible event showcasing some of the latest research presented by some incredibly passionate researchers.

The two-day event appropriately concluded with a panel of autistic community members discussing their joys, challenges and learnings while engaging in research projects. The panelists were incredibly generous with their responses, it was a truly valuable insight for all researchers present in the room. Co-design and ensuring Autistic voices are an integral part of the research process was extremely evident across the entire event.

Please see below for a snapshot of some of the presentations.

**Dr Chris Edwards –
Investigating autism disclosure:
Insights from social media**



Deciding whether to tell others that you are Autistic (sometimes referred to as disclosure) can be a tough choice for many Autistic people. It can have both good and bad consequences. Instead of asking people directly, we looked at public social media posts from Reddit and Twitter that talked about autism disclosure. We looked at three years' worth of posts from Autistic and non-autistic adults. We learnt four main things. The big one is that society does not understand autism, and that causes problems at work, in relationships, for healthcare, and mental health. Autistic people want more privacy, respect, and representation, while non-autistic people should offer more support. Our research shows we need better advocacy, accurate media representation, and public role models. If society understands autism better, it will help Autistic people feel safer about disclosing.

Professor Dawn Adams - How far can research inform the development of accessible, inclusive and effective mental health supports or services for autistic people



There has been a rapid growth in the number of research articles describing mental health issues, particularly anxiety, in autistic people. This has led to the development of autism specific models of mental health, which provide a theoretical basis for tailored, neurotype informed supports. However, autism-specific supports are of limited effectiveness if they are not accessible, or offered through inclusive services. In this keynote, I aim to consider how far the current research can inform the development of mental health supports or services that are accessible, inclusive and effective for autistic people. Drawing upon data from autistic people and their supporters, I will explore many of the barriers that may be “invisible” to services (i.e., those that prevent autistic people from being able to access mental health services) and question how we can deem effectiveness of a service if many people are finding it difficult (if not impossible) to access. In doing this, I hope to inspire and challenge us all to consider ways to collaborate with the community to generate evidence-based solutions to such experiences and enhance clinical pathways to improved mental health and wellbeing for autistic individuals now, and into the future.

Professor Laurie McLay - Sleep matters: Understanding the importance of sleep for autistic children and adolescents



Sleep is an essential biological process that affects all aspects of health and wellbeing. Many autistic children experience insufficient sleep, which is often left unaddressed, resulting in numerous lifelong effects on their physical and mental health and well-being. In spite of the rate and impact of sleep problems, provision of sleep support remains unacceptably low due to the limited accessibility of services, scarcity of clinicians with appropriate training, lack of recognition of the interaction between sleep and well-being, and minimal integration into clinical supports. Further, services that are available are often medical. Thus, they do not address the psychosocial factors that often underpin sleep difficulties. Within this presentation I will explore current understandings of sleep in autistic children with an emphasis on the urgent need for targeted efforts to translate evidence-informed sleep supports into clinical services. In doing so, I hope to challenge others to think about how sleep research and services can provide a fundamental lever for improving the well-being of autistic people.

Lifestyle and Community

There's been no easing into 2024 for our Lifestyle Programs, with our January Holiday Programs going full steam ahead throughout January. What a month we have had! From soaring above the Mornington Peninsula on the Arthurs Seat Eagle, making a splash at the YAWA Aquatic Centre, picking our own delectable strawberries at the Rocky Creek Strawberry Farm, and using our get out of jail free cards in a real-life game of Monopoly, there was barely a minute to spare and everyone was all smiles!



Trevor and Risper



Stacy



Lifestyle and Community

And, the excitement doesn't stop there! Next week we are off to the VALID Having a Say Conference in Geelong. This year's conference theme is "The Future is Ours". The Having a Say Conference helps people to find their voice, to speak up, to be heard and to be respected. Attendees will have the opportunity to have a say on the issues that directly affect them, as well as participate in a range of "come and try" activities. On the last night, attendees will enjoy an evening of festivities at the epic Disco and Dinner. It is sure to be an amazing couple of days, and we are really look forward to being a part of it.

We also have a range of fun programs planned through February and March, including our weekly Saturday outings, our Friday Night Social Group, and Weekend Getaways. This term we are offering Getaways in some new locations, including a Farm Stay at Ripples n' Tonic Phillip Island, and an Urban Camp in the City. If you would like to get involved, please head to the SASI website www.sasi.org.au to see a list of our upcoming events, and to submit an expression of interest.



Above Mitchell and below Stacy at Monopoly Dreams



Latest Adventures

We had been planning our menu for the Christmas celebration for a couple of weeks, finding recipes from old family favourites, traditional foods with a twist and recipes to encourage trying new

foods. Each created their own dish to share at our celebratory end of year feast. We also gave out our secret Santa gifts, random selections turned in to very thoughtfully planned small gifts for each person, ranging from an atlas, to balls of colourful wool, handmade items and bubble wrap (bubble wrap was very well received).

We concluded with anonymous handwritten notes that depicted our gratitude, our achievements this year and our goals for next year, no matter how small, each was celebrated. Achievements included; turning up each day, completing something to the end, making new friends and one person was celebrating getting his first job! A wonderful year for sure and we can't wait to return to SLES in 2024.



Sebastian



Eric and Remy



Eric



The School Leavers Employment Support(SLES) from Seaford have started volunteering at Benton Rise Farm and are learning new skills each week including market gardening, customer service, animal handling and so many transferable skills for their future employment.

Latest Adventures



Luke

Luke (left) is helping with his house chores.

Joe (right) is enjoying a bite to eat after a great game of bowling.



Joe



Misha and Jerrod

Right - L-R: Misha and Jarrod are enjoying some hydrotherapy as part of their community access.

Recipe of the Month

APPLE, WALNUT AND CINAMON CAKE



INGREDIENTS

- 150gm butter melted
- 2 cups stewed apple
- 1 cup sugar
- 2 eggs
- 2 cups self-raising flour
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 1/2 cup chopped walnuts

DIRECTIONS

- Place all ingredients into a bowl. Stir until well combined
- Pour mixture into a springform tin and bake for 40-45 minutes at 140C.

Employee Feature

Lucy Support Worker

How long have you worked for SASI?

5 months.

What does your role at SASI involve?

My role at SASI involves offering support & encouragement to our clients in all aspect of daily life. Whether it be assisting at meal times, supporting hygiene or completing worksheets/puzzles. We have a lot of laughs each & every day!

If given a chance, who would you like to be for a day?

My coworker Morgan Castle.

What TV Show/Movie is you guilty pleasure (yes, time to admit you love it)?

Jim Carrey's
Ace Ventura,
When Nature
Calls!



Three words that best describe you?

Bubbly, patient & caring.



Lucy

Patient, Kind/Soft, and a bit of a dork!

What is the one thing you cannot resist?

My slang

What do you do when you are not working?

Socialise with friends & family! I also enjoy playing my guitar in my downtime



Why do you enjoy working at SASI?

I have a passion for helping people & I'm thankful I get to do it everyday whilst at SASI.

Latest Programs

We have limited availability for the below activities and camps.

Click to secure your spot!



SASI RECREATION

Spots available for our January to March Activities
Camps 🎈 Beach BBQs 🎳 Bowling 🍿 Movies 🌂

Moe Hub

Gamer & IT, Community Access & School Leaver Employment Supports

Ignite your inner gamer, learn valuable IT skills and explore community engagement options.

Embark on a tailored journey with our individualised programs designed exclusively for Autistic adults as well as adults with other Disabilities. These programs will be delivered for participants who have current NDIS funding or those able to self-fund supports.

Alongside this, we also provide School Leaver Employment Supports (SLES) for those finishing school and looking to learn valuable skills and work towards employment opportunities in the future.

Visit us online sasi.org.au

Ph **1300 577 305**

What you can expect:

- Build confidence in a space where you feel you belong.
- Share time with people who value your interests.
- Discover and practice different ways to connect and interact.
- Explore your strengths and self-identity in safe and supportive place.
- Individualized programs catering to diverse abilities and interests.
- Dedicated mentors providing personalized support throughout each program.
- Flexible scheduling to accommodate various lifestyles and commitments.
- Experienced staff to support and foster your development and skills.
- Accessible Console Gaming: Customized gaming experiences based on individual preferences and needs. No matter what console you prefer - PC, PlayStation, Nintendo and beyond - we have you covered.



FREE

PARENT SUPPORT GROUP

**Starting back Fri 2nd Feb -
fortnightly**

750 Nepean Hwy, Mt Martha

SASI and Peninsula Autism Friendship Group want to welcome back parents of autistic children to share experiences, find answers and build meaningful connections. We'll meet every fortnight at our Mt Martha Hub, hope to see you there!



Seaford Hub Can Drive

What can I return?

Most aluminium, glass, plastic and liquid paperboard (carton) drink containers between 150mL and 3 litres are eligible. You can keep the lids on, we recycle them too.



Check for the 10c mark

Look for the 10c mark on the drink container label. It is often located near the barcode.



Bring your eligible containers to Seaford Hub. Staff and clients will return them to the nearest collection centre to raise funds for our programs.



THE FEB 50 CHALLENGE

Supporting Rosebud Hospital



The Rosebud Hospital Summer Appeal has a new look this year.

This summer we're calling on you, our local community, to take The FEB 50 Challenge and help put vital equipment into the hands of our Doctors and Nurses at Rosebud Hospital.

For more than 50 years, Rosebud Hospital has been providing world-class care to our community and visitors to the southern Mornington Peninsula. You can help us continue delivering this care by signing up today .

This February make a commitment to get active and move 50 kilometres in 29 days and help raise vital funds to purchase life-saving equipment, technology and resources for Rosebud Hospital.

Wherever you live, whatever your fitness level, you can decide when and where you will complete your 50 kilometres.

[Click to get involved](#)
[or to donate](#)



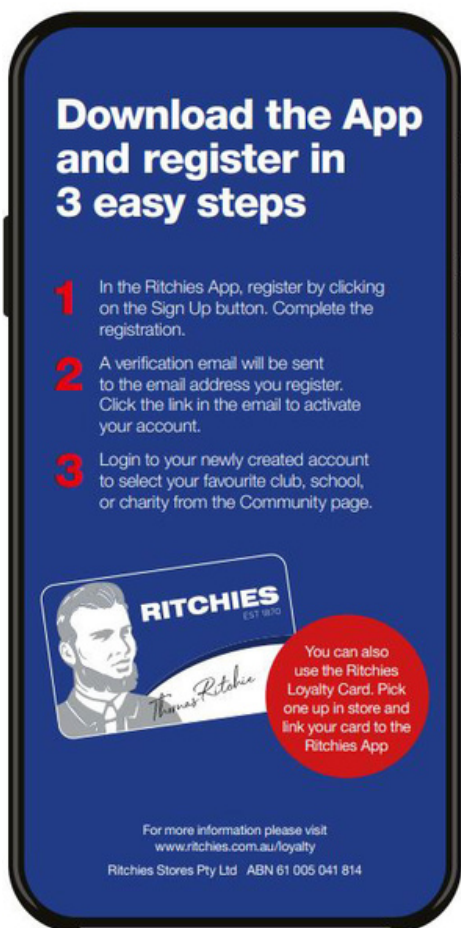
Did you know that you can support SASI while you shop?



Support your local community

Donate to SASI through your weekly shop

Ritchies has been running its successful Community Benefit program since 1993. Over many years it has proven to be the easiest, simplest method to support your favourite club, school or charity.



How do I donate to SASI?

STEP 1

Download the Richies App, register by clicking on the Sign Up button. Complete the registration.

STEP 2

Click the link in your email to verify and activate your account.

STEP 3

Nominate SASI as your favourite charity from the Community page.

Thank you so much for your support.

